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**HEALTH:** Defibrillator available at Fonthill Plaza

## Life-saving addition for plaza

MELISSA MANGELSEN  
Pelham News Staff

If an automated external defibrillator (AED) is used within the first five to 15 minutes of cardiac arrest, the likelihood of survival is high.

Businesses at the Fonthill Plaza have pitched in to boost the survival rate of shoppers who suffer cardiac arrest by 85%.

Krysta Pratt, of Studio Twenty Inc., said the idea for the plaza's businesses to partner on the purchase of an AED came from Kwik Fit owner Frank Adamson.

"He's a paramedic and does AED and CPR training," Pratt said. "He approached us to get a defibrillator for the plaza and we thought it was a great idea."

On Friday, Adamson held a three-hour CPR and AED training session at Studio Twenty to teach shop owners and their employees how to react in case of emergency.



MELISSA MANGELSEN/PELHAM NEWS STAFF

See PLAZA on Page 2

Diane Watters of DJ Weight Management and Krysta Pratt of Studio Twenty Inc., with the newly purchased AED.



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# UPFRONT

## ■ GROUNDHOG DAY

# Flossie set to predict end of winter

MELISSA MANGELSEN  
PelhamNews Staff

For 21 years Flossie the groundhog has been emerging from his burrow in Fenwick to decide winter's fate.

If he sees his shadow people in Niagara should prepare for six more weeks of winter and if he doesn't see his shadow spring is said to come early.

Though Groundhog Day is on Feb. 2, Fenwick will host the event on Feb. 3, to allow for students to be able to come from Pelham schools to participate in the day.

"It's more about getting the children and community together for a fun event, rather than the date itself. We have about 200 students from junior kindergarten to Grade 4 that come out and really enjoy this. They cheer and about trying to rouse Flossie from her winter slumber," said Lion Rob Henson, coordinator.

VICTORIA GRAY/STAFF PHOTO  
Fenwick Flossie greeted children at Centennial Park after her early weather prediction last year.

When Flossie finally wakes and creeps out of her den to predict the end of winter by check for her shadow the kids cheer with excitement, said Henson.

Groundhog Day in Fenwick will begin at 10:30 a.m., Feb. 3 at Centennial Park. Henson said they don't keep track of Flossie's track record, but a Canadian study for 13 cities over the past 40 years found that the weather patterns predicted on Groundhog Day were only 37% accurate over that time period.

The morning will round off with colouring contest winners, hot chocolate and cookies.

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## ■ PLAZA

# Lifesaving AED now at Fonthill Plaza

From Page 1

"The AED is very simple to use and is very straightforward, but it gives people confidence when they've had the proper training in it. There is also certification given at the end of the training," said Pratt.

The AED isn't as rare around Niagara as it once

was. Many places, such as sporting venues, and busy public areas, have invested in the \$2,500 lifesaving device.

"They are becoming more widespread and I hope one day to see everyone involved," Pratt said. "It's not the law to have them, but it's a good idea to have them."

"We've never had an emergency here where we would need to use an AED. But, if we ever did, it is a good thing to have and know how to use. It's one of those things you purchase and hope you will never need to use it."

Where the AED will be installed has yet to be determined. It's expected to be

located centrally in the plaza, possibly within a business that has the latest hours.

The AED must be easily accessible as there is a small window of opportunity for it to be used successfully after cardiac arrest.

According to the Heart and Stroke Foundation,

40,000 cardiac arrests happen each year in Canada — about one every 12 minutes. Without rapid treatment, most of these cardiac arrests will result in death.

The AED identifies cardiac rhythms and delivers a shock to correct the abnormal electrical activity in the heart. It will only shock after

it detects if the heart is in a rhythm that can only be corrected by defibrillation. If a shockable rhythm is not detected, no shock can be given and the provider will be instructed to perform CPR until EMS arrives.

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# LOCAL NEWS

■ **EDUCATION:** Lego teaching important lessons to students



PHOTO PROVIDED

Fonthill Fury placed 27th at the FIRST LEGO League provincial robotics championships held last weekend.



PHOTO PROVIDED

The Lego Da Vinci's took home fourth place at the FIRST LEGO League provincial robotics championships held last weekend.

## Di Vinci's finish fourth

MELISSA MANGELSEN  
Pelham News Staff

Just imagine.

That is exactly what students in Pelham did last weekend as they competed at the FIRST LEGO League provincial robotics championships.

Teams Fonthill Fury and Lego Da Vinci took on about 400 other students for the competition that encourages students to apply math and science concepts to research, design, build and program autonomous robots using Lego Mindstorms software.

Pelham's Lego Da Vinci team finished in fourth, while the Fonthill Fury finished 27th in the championships.

The program is for students age nine to 16, from Canada, U.S. and Mexico.

"Despite the young age of the participants, the competition is designed to have teams delve into real-world scientific issues, with this year's focus focusing on the theme Nature's Fury.

Competitors discovered and

explored innovative solutions to help people prepare, stay safe, or rebuild.

Robotic missions include such considerations as emergency vehicles, evacuations, cargo planes, fallen obstacles and reconstruction," said the Lego League's website.

Students were judged in robot design (how well a team demonstrates its understanding of robot design through building, programming, strategy and performance), core values (how well a team demonstrates the integration of FIRST LEGO League core values in all aspects of the FIRST LEGO League experience), project (how well a team demonstrates its solution for a real-world problem and the research behind its solution).

The Lego Da Vinci's are in their second year with the FLL. They are a group of students with an initiative to promote disaster preparedness and help neighbourhoods become better prepared for disasters.

Nature's Fury took students

on an examination of their community to come up with the best solution should a natural disaster strike Pelham.

"Most people are not prepared for natural disasters. They don't know their neighbours well and don't have an effective emergency kit," said Debbie Hoffele, Lego Da Vinci coach, during a presentation made to council in December. "Our solution is an organization called Preparing and Assisting Neighbours (PAN). The goal is to connect people at block parties and equip them with information, window decals and fridge magnets. PAN is supported by a mobile responsive website where people will be able to register."

PAN is a two-tiered plan working with local governments to improve awareness and to create block-to-block neighbourhood networks.

PAN's website is [www.pan-canada.com](http://www.pan-canada.com).

[melissa.mangelsen@sunmedia.ca](mailto:melissa.mangelsen@sunmedia.ca)  
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## Niagara region referendum questions

BRIAN BAY  
Niagara Regional Councilor

Readers may have seen reports about possible referendum questions on a referendum ballot in October. The discussion started out with a laundry list of possible questions but ended up with only two being forwarded. One dealt with the issue of amalgamation into a single City of Niagara and the other dealt with regional transit. Debate still lingers on these two questions but other questions emerge about the entire process.

The first question to deal with is the issue of ballot ownership. The local towns, townships and cities own the municipal ballot; not the Region of Niagara. The resultant question then is: what is the cost of placing a referendum question on a ballot? Subsequently, who then pays that cost? Is it the local taxpayers in each of the 12 municipalities or the regional taxpayers equally at large? These remain questions that need to be answered before further consideration is given to referendum ballots. When the Regional Clerk researched the issue it was discovered that referendum questions could only be ones over which the municipality had a mandate. Therefore the question of amalgamation was not permissible as no single municipality has the right to close down a neighbouring municipality. However, a vote was taken on a request to the Minister of Municipal Affairs and Housing to have the Minister place the amalgamation question on the 12 municipal ballots. While it was not reported in the media, it was a prepared motion to defer consideration of these referendum questions until we received a staff report concerning the rules related to preparing referendum questions and the cost recovery related to the ballot and the counting and reporting of results. In addition I requested a cost benefit of a referendum compared to a referendum. Unfortunately, the vote was called before this motion but the request is still before staff. I believe that it is important to engage taxpayers in a responsible fashion on issues of importance to the region at minimal cost. We now find out that we must advertise and hold a public meeting to determine the precise wording of a referendum question. We also have learned that the referendum vote will only have validity if 50% or more of voters vote at the October 27 municipal election.

The vote to request the Minister to force a referendum question about amalgamation was defeated. Does anyone think that a Minister would advocate for amalgamation after the backlash to that direction under a former government? These amalgamations were based on the potential cost-savings and we now realize that that was not the case. No matter how well worded, referendum questions are too complicated for a simple referendum question. There are many alternatives to engage the public and the forming of perspectives on large issues. The triple majority vote is the ultimate way to achieve grand changes to governance in Niagara especially if they are accompanied by public meetings at both the regional and local level. That is the vote must be supported by a majority of Regional Councilors. It then must receive approval from at least 6 of the 12 local municipalities and the total population of those 6 or more municipalities must exceed 50% of Niagara's total population.

Brian Bay is a Niagara Regional Councilor for the Town of Pelham. brian.bay@niagararegion.ca

REV. THOMAS P. ARTH  
First Evangelical Lutheran Church

Last week was the Week of Prayer for Christian Unity. It's something that began 106 years ago in 1908. It was initially established by the Roman Catholic Church and Protestant church leaders jumped on the bandwagon in the mid-1920s. How's that for unity? In 1941 the Protestants moved the date to coincide with the Roman Catholic observance. In 1968 the World Council of Churches, representing most of the world's Orthodox and Protestant Christians and the Pontifical Council for Promoting Christian Unity, representing the world's Roman Catholics, started preparing materials each year on a common theme.

For many years the Port Colborne/Wainfleet Ecumenical Fellowship, with which I have recently become involved again, has led services on Monday to Friday during the Week of Prayer for Christian Unity. This year, unfortunately, those services didn't happen. This is not a sign that there is dis-unity among the Christians of Port Colborne and Wainfleet. While not every church in town has always been involved in a good number of the clergy and members of many of our churches do come and give witness to the unity we have in Christ.

But just what is Christian unity? It's fairly evident when you consider Port Colborne as an example. I think there are maybe close to 20 Christian churches in our city representing ten or more denominations, or no denomination at all. Very often we operate

in our own silos, have little or nothing to do with each other, seeming to be closed in on ourselves.

Some of our differences are theological but things that the average person in the pew wouldn't understand without first getting some detailed explanations. Some of our differences are in our styles and traditions of how we worship. Some of our differences were originally ethnic and many of those distinctions have disappeared over time.

But where do we find our unity? Well, sometimes when people share some of their history with me they tell me how they've changed denominations or traditions during their lives. It may have been because they married someone from another church or they switched. I may have been because they moved and there was no church from their former denomination so they just found another church. It may have been because they didn't see eye to eye with some person, maybe the pastor, at one church so they left and found another. There are probably many more reasons why people might change churches. But so many people finish their story by saying, "But we all worship the same God."

There is unity, even in our diversity. The Bible says, "There is one body and one Spirit, just as we are called to the one hope of our calling, one Lord, one faith, one baptism, one Lord and Father of all, who is above all and through all and in all" (Ephesians 4:4-6). While there are many different things that might divide us, or at

least distinguish us from one another, we are united in the body of Christ. The Bible also says, "For just as the body is one and has many members, and the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we are all baptized into one body—Jews or Greeks, slaves or free—and all are made to drink of one Spirit" (1 Corinthians 12:12-13).

Now I'll admit that I have not always found the unity that we all share in Christ. For a number of years I didn't attend our local Ecumenical Fellowship. Part of the reason was a bit of laziness. I didn't want to add another thing to my monthly calendar and agenda of things to do and places to be. But the bigger reason was that I found my colleagues from different churches to be too different. I preferred to be with pastors who thought like me, talked like me, worshipped like me. But I was isolating myself and I believe I was the worse for it.

Last year I made the decision and commitment to return to the fellowship with the clergy in Port Colborne and Wainfleet. I haven't missed a meeting yet. Scheduling conflicts are bound to arise at some time, but if I'm here and don't have anything else on my calendar I will attend. I've found that what unites us, what shares our faith in Jesus Christ, is way more important than any of the things that divide us. I thank God for my sisters and brothers in Christ in whatever church they attend. May we all look to what unites rather than making distinctions. One Lord, one faith, one baptism, one God and Father of all.

## Magic and puppet shows coming to library

FRAN OILES  
Pelham Public Library

In my last column I described adult programs that are scheduled for the next few weeks, plus ongoing activities for children, but I didn't mention the events planned for March Break.

Although it is quite a long way off, registration has opened. To avoid youthful disappointment, it is a good idea to sign up as soon as possible in person, please. Payment is required at the time of registration. ALL of the events take place at the Fonthill Branch.

In order of presentation: Magician in the Making: Learn five tricks and receive a pack of cards so you can fool your family. March 10 at 1 p.m.

Mad Scientist: Learn some entertaining science experiments to try. March 11, 11 a.m. \$4

Decor Diva: How to make your room uniquely yours. March 11 at 2 p.m. \$4

to make four different things from an old flannel shirt you bring from home. March 12, 10 a.m. \$4

Uncle Waldo's Wacky Tacky Puppet Show: presented by Image Puppet Productions Inc. in the Fonthill Room, March 12 at 1 p.m. \$4

Pajama Parade Storytime: For our younger friends, who may attend in their jammies, and their older companions, who will probably prefer to be more formally clad, March 13, 10 a.m. \$4

Cardboard Creations: Unlimited imagination applied to a cardboard box you bring with you. March 13, 1 p.m. \$4

Terrific Trendy Ties: Make several cravats using one of your dad or granddad's old ties or use one of ours. March 14 at 1 p.m. \$4

Even if the weather continues to be as miserable as it is at present, this grand finale of March Break activities should provide some good noisyn fun for all.

For our adult patrons,

who don't get a holiday in the middle of March, here are some events just for you. If you're 18 or older, giving you fits, there is a class on Feb. 3 (6 to 8 p.m. \$10) that will reveal its secrets. Limited enrollment. Please bring your own laptop with Windows 8 already installed as our laptops do not have that version of Windows. Pre-registration and payment in advance is required.

A Meditation Workshop is taking place Feb. 4, from 6 to 8 p.m. \$3, and the Seniors' Valentine Tea is Feb. 5 from 2 to 3 p.m. \$5. The tea is free, but please pre-register.

Do you feel your life lacks focus? Gain clarity by taking The Passion Test Workshop Feb. 6, from 1 to 3:30 p.m. Please register ahead in person. \$50

Finally, for genealogy buffs, Steve Fulton from the Niagara Chapter of the Ontario Genealogical Society will be here on Feb. 11 at 6:30 p.m. to go into the intricacies of tracing your family tree

overseas. \$3

Family Day is Feb. 17, this year so both library branches will be closed that day. On Feb. 19, the opening of the Fonthill Branch will be delayed until 11 a.m. to allow for a staff meeting, but Maple Creek Library will open at 10 a.m. as usual.

That's all this time, folks. See you at the Library!

## CORRECTION

In the Jan. 23 Pelham News article Signalled crosswalks coming to Pelham, The PelhamNews incorrectly stated that an evaluation found residents in the area of Panoske Lane were generally well satisfied with vehicle speed and the amount of traffic. In fact, the evaluation for Panoske Lane found that the area generally satisfied that the speed criteria and can proceed to the next step, which is to form a committee to look at traffic issues. The Pelham News apologizes for any confusion this may have caused.

# LOCAL NEWS

■ **MUNICIPAL PLANNING:** Designation sought in Pelham

## Ridgeville as a hamlet — to be or not to be?

MELISSA MANGELSEN  
PelhamNews Staff

If Stan Rutyna has his way, his hometown will soon become the Hamlet of Ridgeville.

Dennis Savriga, a Niagara Falls planning developer, was at Pelham town council Monday night on behalf of Rutyna, who is hoping that councillors will consider giving the hamlet designation to Ridgeville, a small area located between Fon-thill and Fenwick.

Rutyna said his family purchased farmland in Ridgeville in the 1960s, but was unable to make a viable living off of the land. The family house now sits vacant.

Savriga believes the designation for a hamlet will permit established uses within this designation to be appropriately recognized and zoned accordingly.

"This will then permit appropriate zoning standards to be established and administered under the building code without the intervention of another level of government. Attempting to provide for

the zoning of existing residential and commercial uses in a yet undetermined agricultural and tender fruit and grape zone will be difficult and does not make sense," said Savriga.

Pelham's newly adopted official plan, though not yet approved, designates the areas of Ridgeville and Canboro as specialty agricultural. The designation recognizes crops as the primary commercial use.

"The plan restricts non-agricultural uses which constrain or negatively impact upon the specialty

crop land. The adopted plan doesn't recognize the rural commercial or village residential land uses. Council may wish to amend this oversight in light of existing and newly established uses," said Savriga.

The Greenbelt Plan identifies the Ridgeville and Canboro area as tender fruit and grape land. The Greenbelt Plan has accommodated North Pelham and Fenwick as a village or hamlet within the land designation.

"One would anticipate Ridgeville to be entitled to

the same designation had the town accommodated it in its new official plan," said Savriga, adding once the hamlet designation is established, the areas can't expand except at the time of official plan updates.

"Ridgeville is not a new hamlet and should be defined and appropriately designated," Savriga said.

The report has gone to town staff and will come back to council at a later date.

melissa.mangelsen@sunmedia.ca

■ **JUSTICE**

## Fenwick stunter sentenced

A Pelham man arrested for stunting in Fenwick in 2012 was sentenced in a Welland courtroom Wednesday and will serve no further time in jail.

Thomas Cody Duggan was convicted in November of dangerous operation of a motor vehicle and breach of probation.

On Wednesday, Judge Tory Colvin sentenced Duggan to 15 days, time already served, for the dangerous operation charge and a concurrent five days, time already served, for breach of probation.

On Aug. 29, 2012, residents saw a man driving a dirt bike on Canboro Rd., Cream St. and Welland Rd. at speeds greater than 100 km/h. Witnesses observed the man doing wheelies and spinning his tires, and kicking up dirt and rocks at observers.

Two weeks later, Duggan was arrested and charged.



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# LOCAL NEWS

## IN BRIEF

### Reviewing permissive grants

At the request of Coun. Richard Rybiak, permissive grant evaluation results and recommendations will be on hold until Feb. 3, when more information can be obtained. Rybiak said this would allow the time needed for council to be comfortable with approving or denying permissive grants. "We do not know what the criteria is and how the money is granted," he said.

Pelham Cares is asking for \$17,600, Woman's Place \$4,000, United Way South Niagara \$2,550, Child Advocacy Centre \$1,500 for a total of \$25,650 in permissive grants. Council also being asked to waive the fee in

2014 for the use of the arena for the purpose of holding an art festival to be delivered by the Pelham Art Festival.



**We do want to know what the criteria is and how the money is granted."**

Coun. Richard Rybiak

### Small fire at cell tower

The Pelham Fire Department

responded to two calls at 1574 Lookout St. in Fonthill, Friday. Pelham fire responded to the initial call of a structure fire at the base of a cell tower owned by Crown Castle. They released the scene after they thought it was extinguished. Pelham fire was called back at 2:43 p.m. after the fire flared up again.

At the base of the tower was two small garden-type sheds that housed equipment such as servers. The shed was rented out to customers. Crown Castle who has 23 district offices across the country said any interruptions to service are minimal and will be repaired quickly. Crown Castle had employees at the scene to assess any damages.

### Tickets on sale for

### Gala for Good

Tickets are on sale for Pelham Cares Gala for Good, March 1, at Lookout Point Country Club at 209 Tice Rd. in Fonthill. Cocktail reception begins at 6 p.m., dinner at 7 p.m. and a dance to follow. Tickets are \$125 per person and include a meal, silent auction, door prizes, live music and dancing. Home for Good is the capital campaign for Pelham Cares Inc. to fund a permanent home and long-term sustainability. To reserve/purchase tickets contact Tracy Holmwood at 905-688-9224 or tholmwood@miller-restoration.com. Or by calling Pelham Cares at 905-892-5300 or info@pelhamcares.org.



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## RECREATION PROGRAMS & CLASSES

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Tuesday Feb 4 7:00 pm - 8:00 pm  
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Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more information on any of the Zumba classes, please contact (905) 892-2607 ext. 329.

### Walking Club - Everyone is welcome! - Feb 4 and Feb 6

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

### Arena Programs

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Sunday Feb 2 1:00-2:20 pm Tuesday Feb 4 7:30-8:30 pm Friday Feb 7 8:00-9:30 pm	Thursday Feb 6 1:00-2:00 pm	Tuesday Feb 4 1:00-2:00 pm Friday Feb 7 10:00-11 am	Tuesday Feb 4 8:00-9:00 am Friday Feb 7 9:00-10:00 am	Monday Feb 3 10:00-11:00 am Thursday Feb 6 10:30-11:30 am	Thursday Feb 6 9:30-10:30 am

"Get Active for Life" Join us at a park near you! Participation is at no charge, but we do require a registration form be submitted.

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 am	Pease Park (Nordic Walking) (Poles available for use.)	Woodstream Park (Walking)	Pease Park (Walking)	Woodstream Park (Walking)	Cherry Ridge Park (Walking)
6:00 - 7:00 pm	Cherry Ridge Park (Walking)	Pease Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

For more information, please visit [pelham.ca](http://pelham.ca) or contact [jcook@pelham.ca](mailto:jcook@pelham.ca) or call 905-892-2607 ext. 329.

## COMMUNITY EVENTS & NEWS

**Farmers' Market Vendor Applications** - The Town of Pelham is currently accepting vendor applications for our 2014 Farmers' Market, which will run each Thursday starting May 1<sup>st</sup> and ending October 30<sup>th</sup>. Vendor stalls are \$30.00/week or \$200.00/season. Application packages are available on [www.pelham.ca](http://www.pelham.ca) and at Pelham Town Hall.

**Intro. to Windows 8.1** - Mon., Feb. 3 from 6-8. Cost is \$10.00. Pelham Public Library.

**The Passion Test® Workshop** - Are You Ready for More Joy and Fulfillment in Your Life? Local resident Laura Lane, Certified Passion Test Facilitator leads this powerful workshop. Sat., Feb. 8 from 1-3:30 p.m. Cost is \$50. Pelham Public Library.

**Pelham Tax Due Dates** - Mark your calendars for the first and second tax installments which are due February 28<sup>th</sup> and April 30<sup>th</sup>, respectively.

## TOWN OF PELHAM MARCH BREAK CAMP

Get ready for another exciting year at Pelham's March Break Camp!

Monday, March 10 to Friday, March 14, 2014

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Registration for Pelham residents has begun!

Non-residents may register as of February 3, 2014.

Full details and registration forms available at [www.pelham.ca](http://www.pelham.ca) and at Town Hall.



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■ **POLICE:** NRP training unit busy with firearms, Tasers

# Gunning to be the best

MARYANNE FIRTH  
QMI Agency Niagara

Starting into the darkness, with only the faint glow of blue and red lights flickering behind him, the police officer raises his weapon.

Aware there is a deadly threat hiding in the shadows, he drops low to the ground, steadies his shotgun and waits.

When the target is identified, he does not hesitate.

The blast of the gun fills the air with a heavy boom.

His shot is precise. The suspect is down.

The scenario is complete.

Through this time it was an exercise, held in the primary firing range of the Niagara Regional Police training unit, it was an encounter any frontline officer could face out in the real world any day on the job.

The real-life scenarios are posed to the NRP's 716 officers during various training exercises held at the Welland-based unit throughout the year.

In the unit's 270-degree firing range, officers can shoot from behind cover of mock police cruisers and from concealment of other barriers, and practise accurately hitting moving targets from different distances.

The room is rigged to allow instructors control over lighting and other environmental elements that may impact a situation.

Lighting can be brought down and supplemented with cruiser roof lights to simulate conditions on the street as if the vehicle lights were an officer had been in an emergency, said Sgt. Gordon Nash, who heads the training unit.

We will do drills out there where it's dark and they're using

their flashlight, so that they can positively identify what their target is," Nash said.

"They're responsible for every round they fire."

"It's best to basically put the officers under a bit of stress," Nash said.

"By putting them under stress in a training environment they get stress inoculated so when something happens on the street they automatically know how to react," he said.

To prevent officers from encountering an incident on the street for the first time, instructors work to reproduce as many different types of situations and scenarios as possible in the training environment, Nash said.

**“They’re responsible for every round they fire. It’s best to basically put the officers under a bit of stress.”**

Sgt. Gordon Nash

The unit is also home to a 360-degree close quarter battle, where live-action scenarios are carried out between officers and instructors, the latter of whom take on the role of the “bad guy.”

Here, they practise use of force and test their judgment in determining the level of action and weapon that may be required, if any, in different situations.

Firearms are used with “safe shots,” known as blanks, and

with Simunition, which are similar to paintballs, Nash said. Officers also have access to intermediate weapons including batons and pepper spray, and, for those who are qualified, conducted energy weapons, commonly known as Tasers.

“You always have to evaluate and then re-evaluate the situation,” Nash said.

“You’re constantly talking to the subject and trying to de-escalate the situation, but it’s dynamic, it’s always changing.”

Tactical communications, as well as defensive tactics, is a large part of police training. “An officer has to escalate or de-escalate based on the subject,” Nash said. If the subject has a gun, it warrants the officer pulling out a pistol. But if the subject then throws his gun away and comes at the officer with fists raised, the officer should de-escalate to an intermediate weapon.

After each scenario is carried out, a discussion is had about why the decisions were made the way they were and whether anything should have been done differently.

Officers undergo annual requalification at the training unit for firearms and use of force. Frontline supervisors and their designates must also undergo annual requalification for CEWs.

Not all officers are able to carry Tasers, though that may soon change.

A plan to purchase stun guns for frontline NRP officers is being presented to the police services board in the near future.

Nash believes the change would be a positive one for the force. CEWs, he says, are proven

to be safer for both the officer and the subject because they can be deployed from a distance and cause a lower rate of injury than other intermediate weapons.

ons.

If approved, it will mean CEW training for an additional 360 officers at the unit, he said.

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■ **CRIME:** Home Depot cards stolen, sold

# Two arrests in gift card scam

MARYANNE FERTH  
QMI Agency Niagara

Two Welland women, including one previously sought by police in connection with a coat scam, have been arrested after allegedly running a gift card scam in Niagara Falls.

During two different incidents, on Dec. 16 and Dec. 17, two people were billed of hundreds of dollars after responding to online advertisements on the classified website Kijiji.

The ads promoted Home Depot gift cards — worth \$1,000 and \$2,000 — being sold for half their value.

On both occasions, the victims agreed to meet the seller at a woman — in a parking lot in Niagara Falls to purchase the cards. Upon arrival, the woman said she would call Home Depot to verify the value of the cards. She would dial a number on speaker phone and the person on the other end confirmed the cards were legitimate.

What the victims didn't realize, police say, is that the voice on the other end belonged to another woman pretending to be a Home Depot employee.

The victims paid cash for the cards, \$500 and \$1,000 respectively, only to later learn the

cards were blank and had been stolen from Home Depot, said NRP spokesman Const. Derek Watson.

"It's not an uncommon scam," said Det. Sgt. Paul Spirid, head of the NRP's fraud unit.

"We see it all the time," Spirid encouraged people looking to purchase gift cards online to meet the seller at the store to verify the value.

"It's buyer beware," he said, particularly when using online classified sites.

"Most have fraud warnings and tell you how to protect yourself."

On Dec. 23, police arrested

Jodi Donovan, 33, of Welland, in relation to the gift card incidents. The co-accused in the case, 25-year-old Alexandra Holditch, of Welland, was arrested Dec. 24.

Holditch and Donovan are each charged with two counts of fraud under \$5,000 and two counts of possession of property obtained by crime.

Holditch also faces additional charges stemming from an alleged scam run several times between Nov. 3 and Nov. 10 at a number of large department stores in Welland, Niagara Falls and St. Catharines.

Police say the scam involved



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"Selling Throughout Niagara"

using coats as a distraction to steal the purses of shoppers.

Holditch was arrested in connection with that on Nov. 21. She posted bail Dec. 11 — five days prior to the alleged first gift card incident.

The additional charges Holditch faces include one count of theft under \$5,000, one count of

fraud under \$5,000, one count trafficking property obtained by crime and one count of possession of property obtained by crime.

Donovan is next scheduled to appear in St. Catharines court on Jan. 29 and Holditch on Feb. 12, both for charges to be spoken to.

■ **CRIME**

## Is it time to change your security password?

BILL SAWCHUK  
QMI Agency Niagara

They've been called the keys to your kingdom. Passwords are used for everything from logging on to your computer to accessing websites, financial data and your e-mail — and too many of us are still using 123456, birthdays and pet names.

It's information that can easily be mined by cyber criminals.

"I'm a little more tech savvy, so it is hard for me to believe

people are still using those passwords, but I guess it happens a lot," said Det. Const. Dave Mander of the Niagara Regional Police Fraud unit.

People aren't getting the message, unfortunately.

Strong passwords are essential to protect yourself online. Mander recommends making passwords a minimum of 12 characters in length. The longer the better, he said.

"Random numbers and letters are difficult to remember and fairly easy to hack," he

said. "It can take about six minutes to hack a six or seven-digit password."

"Using a phrase or string of random words, that's where you see really strong passwords. If they get to be 12 to 14 characters, it is very difficult to hack."

"If it was 20 characters, it would take 550 years to guess the password at 1,000 guesses a second. With six or seven characters, it would take just a few minutes."

It is also a good idea to have separate sets of passwords for

social media sites and financial sites, he said. Social media sites are often used as a go-between to get further personal information.

"If they get access to your Facebook or social media site, they can find out where you work, where you live, who your friends are," Mander said. "They can try to obtain further information in regard to your personal identity. Once they hack into your system, they can try other websites."

The best way to protect yourself is to not get hacked in the first place — and that includes anti-virus protection for your

computer.

One of the most common ways for cyber criminals to steal your password is to infect your computer with malware that captures everything you type into the computer.

"It can be very difficult to trace," Mander said. "If a cyber criminal knows what he or she is doing, they can hide their tracks. A lot of times, it leads

outside of Canada, which raises further issues when it comes to obtaining information. We deal with companies that aren't obligated to provide us with any information."

"The best place to start is with a strong password."

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# LOCAL NEWS

## May not have been Canada's favourite crossing guard ... but she's Pelham's

Violet Steingart was recognized by town council on Monday for her nomination for Canadian Crossing Guard of the Year. She is a welcomed face at the corner of A.K. Wigg and was nominated by parents, teachers and students. Pelham Mayor Dave Augustyn said this is more than "a job" it's providing a valuable service for the community.



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# LOCAL NEWS

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**■ WISH LIST: Gently used home furnishings needed**

## Group turns houseless into homes

 ALISON LANGLEY  
QMI Agency Niagara

When Jennifer left behind an abusive marriage, she also left behind all her possessions.

The woman, last name withheld, and her children sought refuge at Gillian's Place, a women's shelter in St. Catharines, but she knew it was only a temporary fix. Gillian's Place referred her to Niagara Furniture Bank, a registered charity that provides gently used furniture and other home necessities to those in need.

"We help to make a home a home," said Alysha Cormier, the agency's scheduling co-ordinator.

"We help furnish basic household needs for families coming out of homelessness, or shelters or those starting over from a flood or fire. We'll provide what you need to start fresh."

Through the furniture bank, Jennifer was able to furnish her new residence.

"My kids received beds," she said. "That was the biggest thing for me." Jennifer's story is not unique.

Last year alone, the Niagara Furniture Bank helped more than 530 families from Fort Erie to Beamsville. Compare that to 2009 when the agency served 43 families and individuals.

As requests for assistance continue to increase, the agency's stock is get-

ting dangerously low.

To help fill the shelves, the agency's Niagara Falls office at Niagara Square is hosting a "Neighbourhood Drop Off Days" campaign.

From Jan. 25 to 31, residents are invited to drop of small household items such as kitchenware, blankets, towels and linens and small appliances.

"It's the little things that matter," Cormier said.

Everyone who brings in a donation is eligible to win a Niagara Square gift certificate.

Donations of large items are stored at a warehouse in Welland.

"We don't put anything in the landfill," said Richard Maignot, operations director. "We turn it all around. It may not be great to you any more, but someone else can benefit from it."

In 2012, the agency diverted 150 metric tonnes from landfills.

Niagara Furniture Bank will also come to your door to pick up items for a small fee to cover transportation costs.

Charitable receipts are issued for the current fair market value of the items.

 Anyone interested in donating can call 905-365-4673 or visit [www.niagarafurniturebank.com](http://www.niagarafurniturebank.com).

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**■ AGRICULTURE: Growers report some damage after temps dropped to -24°C**

## Cold snap was too much to endure for Niagara's tender fruit crop

 DON FRASER  
QMI Agency Niagara

Some of Niagara's tender fruit crop was damaged in the deep-freeze that gripped the area two weeks ago.

Temperatures as low as -24°C earlier this month affected sensitive grape vines and some tender fruit trees.

"The injury, it's there, but the magnitude on the final crop has yet to be determined," said grape and tender fruit consultant Kevin Kar.

He said it also seems fruit in southwestern Ontario has weathered more cold-weather injury than in this region.

"Winter is far from over," so everyone's pretty reluctant ... to say there's "this much" crop loss," he said.

He said many grape growers are carrying out "protective pruning practices" and leaving more wood on the plants than normal to offset potential fruit-bud injury later.

Tender fruit tree growers will generally

wait until orchard buds break out before pruning starts. That's when the adjustments needed to due to tree injury become clearer.

The consultant adds west St. Catharines may have had more vines and tree-fruit damage than Niagara-on-the-Lake, but vineyards in that town also vary in how they have been affected.

"Definitely there's been damage, we know that," said Debbie Zimmerman, CEO of the Grape Growers of Ontario. "The extent has yet to be determined — we're doing that counts."

She said vineyard damage is being assessed across all grape-growing regions, including Prince Edward County, Pelee Island and southwest Ontario.

"When we start seeing some growth (this spring) and start pushing the buds, that's when we might actually see trunk damage," Zimmerman said.

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■ **NIAGARA CLOSEUP:** Welland man revived after more than an hour without vital signs

# 'They never gave up'

**ALLAN BEHNER**

QMI Agency Niagara

Shane Nelson was essentially dead.

He wasn't breathing. He had no pulse.

He'd been that way for more than an hour.

And the 21-year-old Welland man likely would still be dead if it wasn't for the relentless efforts of his co-workers, paramedics and emergency department medical staff, said his father Karl Nelson.

"They never stopped. They never gave up," he said. "They saved Shane's life."

It was the start of a three-week nightmare for the family, wondering if Shane would ever come home.

Shane was born with Wolff-Parkinson-White syndrome, a congenital heart abnormality, but for the most part he's been relatively healthy throughout his life. He had experienced chest pain while working in Hamilton last year, but he wasn't concerned.

"I didn't think much about it. I just figured it was the food I was eating. I knew I needed a better diet," Shane said.

He said he had no prior warning that he would come as close to death as he did when he collapsed at about 3 p.m. Saturday, Dec. 21.

Handlebar Hanks owner Rick Christoff said his video footage taken that day with the restaurant's security cameras. Shane can clearly be seen working in the kitchen with his supervisor, head cook Bob Alkerton.

There's no sound on the monitor as Shane talks to Alkerton, but it's clear Shane isn't feeling well. He holds his chest at one point and his complexion looks pallid.

Alkerton said he told Shane to go home several times that day, but Shane didn't want to leave.

He said Shane blamed his queasiness on drinking too much during a night out with friends, and told him that having a hangover didn't excuse him from his duties.

Shane said he wouldn't let his condition prevent him from doing his job.

"I told Shane, 'I'm going for a break. When I come back, if you feel worse just go home,'" Alkerton recalled.

But Alkerton didn't have a chance to take a break.

In the video, Alkerton puts on his coat preparing to step outside, but then Shane leans against a sink in the corner. A moment later, he collapses.

Alkerton rushes to help Shane back to his feet, but he collapses again.

Within seconds, waitress Lisa Lane walks into the kitchen carrying a telephone talking to a 911 operator. She can be seen relaying instructions to Alkerton who does what he can to help his co-workers.

An ambulance arrives seconds later.

"I have to give my staff credit. Everything worked perfectly," Christoff said. "They recognized the problem and they reacted instantly and they stuck with it."

"They were excellent," said

Shane's stepmother Carrie, referring to the Handlebar Hanks staff.

Still, Shane's condition continued to deteriorate. His heart stopped beating just as the ambulance arrived.

In the video, paramedics can be seen doing chest compressions and using a defibrillator trying desperately to revive him.

After several minutes of working on him in the kitchen with the assistance of Welland firefighters, the paramedics brought Shane to their ambulance to continue his treatment and then on to the Welland hospital emergency department about five minutes away.

"If it wasn't for the hospital being so close and he had to go the rest of the way to Niagara Falls, he wouldn't have lived," Karl said, referring to Niagara Health System plans to eventually close the Welland hospital and replace it with a new one at the intersection of Montrose and Lyons Creek Rds.

At first, Shane's family was not aware of the seriousness of his condition. Karl said he received a phone call informing him that Shane passed out at work.

"We got that and we found out he wasn't breathing and he was down for over an hour," he said.

Carrie said emergency department doctor shocked Shane's heart 12 times using a defibrillator, trying to get it beating again. At last, a physician told the family: "We finally just got his heartbeat back," Carrie recalled.

The local physicians stabilized Shane and transferred him to Hamilton General Hospital in critical condition.

Although Shane was no longer in their care, Carrie said local hospital staff remained committed to their patient. A week after he was transferred to Hamilton, she said a nurse from Welland stopped by to see how he was progressing.

"They were thinking about him still. That's what we really

liked, they were caring," she said. "I can't believe the care that he got."

But Shane wasn't out of the woods yet.

Shane's doctors feared he would not wake up from the coma he'd slipped into.

"They thought he was going to be a vegetable," Karl said.

He recalled talking to the doctors about whether to continue their efforts to keep him alive, or to stop all treatment.

"But when we turned around there were tears in Shane's eyes," Karl said. "The next day, he started waking up."

Carrie said it was as though Shane subconsciously heard the conversation, and his tears let us know that he was in there."

Shane doesn't remember waking up on Dec. 27, and he didn't remain conscious for long. The heart problem that led to his initial collapse was still prevalent.

See NYS on Page 16



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## ■ HEALTH

# 'We will just keep going'

ALLAN BENNER  
QMI Agency Niagara

Shane Nelson had no vital signs when he arrived at the Welland hospital emergency department on Dec. 21, but Dr. Shira Brown said her med-

ical team was not about to write him off.

"Once the metabolism processes of the body systems become irreversible, that's when we considered you to be dead," Brown said.

Although the 21-year-

old patient she treated was quickly nearing that point, the subtle signs of life he showed were enough to inspire medical staff to continue working on him.

"If we think there's a good chance that we can get some

body back... we will just keep going," she said.

While Nelson's family said medical staff worked on him for more than an hour, Brown could only confirm that Nelson was "a prolonged resuscitation."

However, she said she's worked on resuscitating other patients for more than two hours before successfully restoring their vital signs.

"You keep going. A lot of things can happen. There are a lot of moving pieces during a cardiopulmonary resuscitation," she said.

And despite their efforts, some patients cannot be revived.

"If we're resuscitating a person for an hour and we do an ultrasound and their heart is not moving, that person is not coming back," she said.

Brown attributed Nelson's recovery to the team she works with in the emergency department, as well as the care he received prior to his arrival.

"The Welland team is a second to none team, in my opinion," she said. "I'm really proud of the quality of care that we provide everyday, and I'm especially proud when we get these things right."

Despite plans to eventually close the Welland hospital, replacing it with a new hospital in Niagara Falls, Brown said paramedics are well trained in providing cardiac life-support, keeping patients alive until they can make it to the hospital. And Brown said "It's hard to say" if the extra distance travelling to the proposed Niagara Falls site would have an impact on the care of a patient like Nelson.

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ALLAN BENNER/QMI AGENCY NIAGARA

Shane Nelson got a warm hug from the coworkers who helped save his life during a return trip to Handlebar Hank's. From left are Lisa Lane, Bob Alkerton, Nelson, and Lyndsey Richardson.

■ NVS

## Man wasn't breathing, had no pulse

From Page 15

Surgeons in Hamilton operated on Shane on Jan. 2, correcting a problem with his heart valves and ultimately leading to his recovery.

Shane only remembers waking up in Hamilton General Hospital on Jan. 6 — 16 days after he collapsed — wondering why he was there. He remembered nothing about his ordeal, or the two months prior to it.

He finally returned to his Welland home last week, into the welcoming arms of friends and family members.

Despite his brush with death, Shane doesn't recall seeing peaty gears or a bright light at the end of a tunnel.

He did, however, return to consciousness with a vivid

image in his mind — one that might be a fitting afterlife for a lover of macaroni and cheese.

"It was like a cheese-noodle factory," he said. "I was with people I didn't know. I was going to a wedding the next day."

As strange as it might seem, Shane was not joking.

"It was a really vivid dream," he said. "I laid back in a bed I was sitting on, and then I woke up and I was in the hospital."

Now, with a new lease on life, Shane is making plans for the future. He said he hopes to enroll in a culinary arts school and pursue a career as a chef.

allan.benner@qmiagency.ca  
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**TREATMENT OF "PINK EYE"**



**RON PARTON**  
R.Ph. B.Sc. Pharm.

Pharmacists get many questions about how to treat "pink eye", also known as infectious conjunctivitis. Pink eye can be bacterial or viral. Bacterial pink eye is common in children as they share toys, towels and come in close contact with each other at school and day care. In general however, most cases of pink eye are viral.

Depending on the type of pink eye treatment will differ. Bacterial conjunctivitis can be treated with antibiotic drops. There is no medicinal treatment for viral conjunctivitis.

In 45% to 73% of children with purulent "pink eye" an ear infection is also present. If the eye has a purulent discharge, swelling and burning, this usually points to a bacterial infection. A mild watery discharge with itching, associated with a concurrent upper respiratory infection signals viral conjunctivitis.

Both types of infections are generally self-limiting, (they will resolve on their own with out medication). Most types of bacterial conjunctivitis will resolve within eight days. These infections can be treated to speed up recovery and prevent the spread of the infection. Cold and warm compresses can be used as well as a variety of topical antimicrobial agents. POLYSPORIN drops are available over-the-counter and will cover most pathogens causing bacterial conjunctivitis. Other prescription eye drops are also available.

Bacterial conjunctivitis is contagious as soon as symptoms are present and for as long as there is discharge from the eye, and continue for one to two days after starting the antibiotic.

With viral conjunctivitis compresses are about the only treatment available. If one eye is involved the other eye will become infected within days in about half the cases. Symptoms may worsen for a few days slowly improving over one to two weeks. This condition is contagious before the appearance of symptoms and as long as symptoms last.

If you wear non-disposable contact lenses clean them thoroughly and buy a new storage case. Disposable lenses should be thrown away. Glasses should be worn for the duration of the infection. If you use other drops for treating conditions like glaucoma you should replace these to avoid inadvertent contamination.

To prevent the spread of infection practice good hygiene, washing hands and towels of the infected person.

If you are having trouble with your child's school you can ask the pharmacy for an explanatory note. This helps clear up any misconceptions they may have regarding the treatment that is necessary, and steps that need to be taken to prevent the spread of the condition.

Please contact your pharmacy or doctor if you have any further questions regarding this condition.

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# PELHAM DATEBOOK

## JANUARY 30

### CLASSIC BOOK CLUB

at Wainfleet Township Public Library 2 p.m. to 3 p.m. Join us for afternoon tea as we discuss the works of classic literature. This month's selection is *The Little Women*, by Louisa May Alcott. To obtain a copy of the book, please register as a book club member.

### GNOCCCHI DINNER

from the Casa Dante back door, 3 p.m. to 6:30 p.m. or until food lasts. Dinners are \$10. Takeout only. Sauce, meatballs, minestrone soup, and pasta fagioli are also available for takeout.

## FEBRUARY 2

### ARCHAEOLOGY LECTURE

at Brock University or Prof. Marie-Henriette Gates of Bilkent University on "Kinet Hoyuk (Turkey) — the archeology of eastern

Mediterranean seaports," 3 p.m. in Room Academic South 215. Refreshments, no charge. Presented by Archaeological Institute of America Public Lecture Series, Niagara Peninsula Society. For information, call 905-688-550 ext. 3575 or 905-468-5649.

## FEBRUARY 3

### WINDOWS & I INTRODUCTION

Marc Mailhot, Pelham Public Library's Gadget Guy, will present information on WINDOWS and will be available while you practice your newly-acquired skills. You must bring your own laptop or device with a WINDOWS operating system. Time 6 p.m. to 8 p.m., cost \$10 payable at time of registration.

## FEBRUARY 4

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different types of meditations. Great for beginners and people who have meditated before. Bring a pen and notebook. Time 6 p.m. to 8 p.m., cost \$3. Register ahead.

## FEBRUARY 5

### SENIORS VALENTINE TEA

at Pelham Public Library, featuring entertainment, desserts and door prizes, 2 p.m. to 3 p.m. Free, but register in advance.

### WELLAND EASTLAKE ALUMNI

meets in the school library at 7 p.m. All former students are invited to attend.

## FEBRUARY 7

### COURT WHIST

at Fenwick United Church, 1050 Church St., 7:30 p.m. Dessert, coffee and tea. Bring a friend and come out for a fun evening. Free will offering.

## FEBRUARY 8

### PASSION TEST WORKSHOP

Are you ready for more joy and fulfillment in your life? The Passion Test® is a tool for gaining clarity by prioritizing what really matters most to us. This 2.5-hour workshop at Pelham Public Library is facilitated by Laura Lane, a certified Passion Test facilitator. Discover your top five passions which are clues to your personal destiny. Learn valuable tools so you can begin living your passions today. Cost \$50; time 1 p.m. to 3:30 p.m.

### FAMILY LITERACY EVENT

at Vale Health and Wellness Centre (Port Colborne), noon to 3 p.m. A free event for families with young children. Come read to a furry friend, have your face painted, make crafts and be entertained by Music with Brian and Friends. Children will receive a new book.

## LADIES DAY 2014

at St. David's Anglican Church, 369 Thorold Rd., Welland, 11 a.m. to 4 p.m. Entertainment, pampering services. Silent Auction, vendors selling ladies goods and services, tea room and door prizes. Tickets are \$10 and include tea/coffee and baked goods. Tickets at door or in advance call the church at 905-734-4627 or Jackie at 905-732-0434. Proceeds to the church's outreach programs.

### LASAGNA DINNER

fundraiser for the Canadian Cancer Society Relay for Life Event in memory of Opal Battjes, Forks Road East United Church, 51786 Forks Rd. E., Wainfleet. Sitings at 5 p.m. and 6:30 p.m. Adults \$15, children under 10 \$6. Bake table, white elephant table, silent auction. Reserved seating only. For tickets call Shelley at 905-834-0082.

Continued on Page 22

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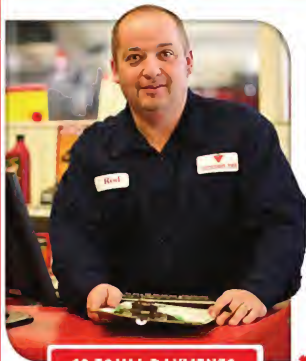
12% recovery fee to be added to content sales. Auction conducted by 2156369 Ontario Ltd.

For All details of participation in Real Estate

Bidding please request your bidders registration package.



## **AUTOMOTIVE TIPS** **FROM CANADA'S** **SERVICE LEADER**



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on select purchases.  
Minimum \$200.  
Monthly payments  
required.

### **THIS WEEK'S TIP**

## **TIRE PRESSURE**

The most frequent cause of tire failure is under-inflation. Even extreme under-inflation can be difficult to detect by mere visual inspection. Don't depend on it, use a personal tire gauge. Under-inflated or overloaded tires generate high levels of destructive, internal heat, which could cause tires to blow out. Extreme under-inflation can even unseat the tire from the rim while your vehicle is in motion.

**\$29.95** **OIL CHANGE**  
*Most vehicles* **SPECIAL**

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### **WINTER OIL CHANGE SERVICES INCLUDES:**

- ✓ Up to 5 litres of Motomaster 5W30 oil
- ✓ Fluid Top Up
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- ✓ New Motomaster Oil Filter

Sorry, no rain checks. Offer expires March 1st, 2014.

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PRIMEWAY DRIVE  
WELLANO  
905-782-7501





# PELHAM E-BOOK

From page 20

## FEBRUARY 9

### VALENTINE TEA

Our Lady of Hungary Church is hosting this event 1:30 p.m. to 4 p.m. at the church on the corner of Hellens Ave. and Park St. Please join us for a social afternoon with family and friends.

## FEBRUARY 11

### FAMILY TREES

Steve Fulton from the Niagara Chapter of the Ontario Genealogical Society will be at Pelham Public Library to help you with the challenges of tracing your family tree overseas. Time 6:30 p.m., cost \$3. Register ahead.

### VALENTINE CONCERT

by A Capella Niagara, 7:30 p.m., St. Andrew's Presbyterian Church, 29 Bald St., Welland.

Adults \$15, children 12 and under \$5. For more information call 905-734-4831. Valentine desserts and refreshments to follow. Special donations to support Harmonize for Speech.

### IT'S ALL ABOUT LOVE

Niagara Women's Connection, a non-denominational Christian women's club invites you to a relaxing afternoon of friendship, inspiration and fun, 1 p.m. to 3 p.m. Guest speaker Helen Norris has one of the most inspirational stories of God's love and you won't want to miss what she has to share. We will be serving coffee, tea and special treats as well as door prizes galore, all for \$7. Babysitting is provided free of charge. This month's event is being held at Kirk on the Hill, 1344 Hill St., Pelham. RSVP Margaret Quesnelle at 905-738-9641 or e-mail mrsq@live.ca.

### NIAGARA SECULAR

Humanists meets 7 p.m. at

the Unitarian Congregation Building, 223 Church St., St. Catharines. Mark Grenier will speak on oil – internal combustion engine, the future and how secular humanists do care about the environment. NSH members free, visitors \$4. For more information or RSVP call 905-641-2603, e-mail nhklaus58@gmail.com or visit nhk.humanists.ca.

## FEBRUARY 13

### PASTA NIGHT

at Casa Dante. Takeout dinners for \$8, 3 p.m. to 6:30 p.m. Sauce, meatballs, minestrone soup and pasta fagioli are also available for takeout.

### PHILOSOPHER'S CAFE

at Wellfleet Township Public Library at 6:30 p.m. Drop by for a lively discussion on short-term, long-term thinking. All welcome.

## FEBRUARY 14

### VALENTINE'S DAY CRAFTS

at Wellfleet Township Public Library, 2:30 p.m. to 3:30 p.m. (public school early release day). For children in kindergarten to Grade 8. Call 905-899-1277 to pre-register as spaces are limited.

## FEBRUARY 15

### VALENTINE WINE AND CHEESE

event sponsored by Knights of Columbus, Fort Hall, at St. Alexander church, 50 Pelham Town Sq., 7 p.m. to 9 p.m. Cost is \$10 a person, and includes a glass of red or white wine served with cheeses and snacks.

## FEBRUARY 16

### SPECIAL PORK LUNCH

at the Hungarian Hall, 361 Hellens Ave., Welland at 12:30 p.m. Vegetable soup, sauerkraut with pork, sausage, rice sausage,

potatoes, salad, coffee, tea, dessert. Adults \$20, students (seven to 14) \$10. For tickets call: Anna at 905-735-0999, Eva at 905-734-3593 or Tibor at 905-735-6447.

## FEBRUARY 18

### WELLAND RIVER KEEPERS

Ministry of Natural Resources management biologist Anne Yagi and fish and wildlife technician Cathy Biott will meet with Welland River Keepers members at the Niagara Peninsula Conservation Authority offices, third floor, 250 Thorold Rd. W., at 7 p.m. They will discuss their Niagara River Fish Community Report focusing on recommendations for habitat work on the Welland River, including discussion of possible impacts to habitat from changes in the height of the river fluctuation. The public is invited to attend and participate in the discussion.

### CARD MAKING WORKSHOP

Learn different techniques to make six cards suitable for a number of occasions, at Pelham Public Library, 10 a.m. to 12:30 p.m. Fee of \$10 includes most materials. Register ahead.

## FEBRUARY 20

### LEGO

at Wellfleet Township Public Library 6 p.m. to 7:30 p.m. Children of all ages can drop-in during this time to build a Lego or Duplo creation. Please do not bring your own Lego.

## FEBRUARY 21

### TRIVIA NIGHT FUNDRAISER

for Pelham Centre School, 6:30 p.m. at Old Pelham Town Hall, 491 Carleton Place. Tickets are \$10 and include games, pizza and snacks. Also available: cash bar, 50/50 draw, silent auction, door prizes. Pull together a team of eight for a fun night out.

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Seasonal Vineyard  
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Applications  
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work outdoors in all  
weather conditions, up  
to seven days a week if  
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ease control knowledge  
necessary. Pay will be  
minimum to start & will  
be paid every 2 weeks &  
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& reliable a small in-  
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## General Help Wanted

## FONTHILL FLYER CARRIER NEEDED IN AREA OF MONTGOMERY

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Call 905-732-2414 ext 0

## Careers

## Careers

## Careers

## Careers

## OPPORTUNITY LOOKOUT RIDGE RETIREMENT COMMUNITY MAINTENANCE MANAGER

We are currently looking for a Maintenance Manager.

The successful applicant must have:

- A proven experience in building maintenance and repair
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Only those selected for an interview will be notified.

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## Healthcare Professionals

## Healthcare Professionals

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THE WELLAND TRIBUNE  
IS LOOKING FOR SOME  
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If you are interested call  
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## Careers

## Careers

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## Classified Listings

For Sale

Jobs

Real Estate

Pets

Cars

Travel

For Rent

Lost And Found

Service Directory

Public Notices

Miscellaneous

# The Healthy Cupboard

## FONTHILL

111 #20 EAST  
(across from Sobeyes)

905.892.9054

## PORT COLBORNE

101 CLARENCE STREET  
(across from Food Basics)

905.835.9806

**Customer  
Appreciation Day**  
WEDNESDAY FEBRUARY 5TH  
Open Late until 7PM

**150's  
Bonus Size  
30 Caps FREE**  
while supplies last



# LOSE THE PAIN

## LeafSource

**\$300  
OFF**

The Healthy  
Cupboard

WITH COUPON EXPIRES FEBRUARY 15TH, 2014

# Leaf Source

## STOPS PAIN WITHIN DAYS!

*"It works! I'll take another two bottles please!"*

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of The Healthy Cupboard didn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again," said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wits' end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there!" Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided." By now you are probably wondering what is LeafSource and

why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70-80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day.

Typical maintenance is usually 1 capsule twice daily. The product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

# The Healthy Cupboard

NEW  
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# GAME DAY FAVOURITES!

We're your one stop for all your party foods.



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NEW!  
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## BONELESS CHICKEN CHUNKS

• NEW! Extreme Crunch • NEW! Salt & Pepper  
• Original • Buffalo • Sweet Barbecue

17-34 PIECES 680 g/1.5 lb



**9<sup>99</sup>**  
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8 PORTIONS  
680 g/1.5 lb

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• The irresistible taste of part-skim mozzarella cheese  
15-21 PIECES  
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## Pulled Pork

• Ready in 5 minutes from thawed to pile high on a Petite Baguette or bun  
4 PORTIONS  
680 g/1.5 lb

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## Bacon Wrapped Jalapeño Shooters™

• Impress friends and family!  
12 PIECES  
200 g/7.06 oz

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save \$1

## Boneless Chicken Breasts Seasoned & Skinless

8-12 PORTIONS  
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## Chicken Quesadillas

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500 g/1.1 lb

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• Appealing finger food  
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## PIZZA ROLLS

• Golden-fried egg roll crust stuffed with pizza sauce, mozzarella cheese and sliced pepperoni  
6 ROLLS  
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- Easy and quick to prepare crowd-pleasing flavours; great for adults, teens and kids alike

45 PIECES 865 g/1.9 lb

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• Chicken Fillets  
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- Add some Southwestern kick!
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### Mini Pub Pies

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- Lobster

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save \$2



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QUANTITIES  
LAST!

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400 g/14.1 oz

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QUANTITIES  
LAST!

**7.99**  
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- Apple Blossom\*
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865 g/1.9 lb



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